

## Amendments to the Specification

Please replace the paragraph that begins on page 6, line 4, with the following rewritten paragraph:

Figure ~~\$B~~ 4B is a perspective view of one end of the nonpreferred embodiment depicted in Figure 4A.:

Please replace the paragraph that begins on page 9, line 10, with the following rewritten paragraph:

There are numerous ways that the plunger or plungers may be controllably actuated to rise and retract from the opening or openings in the end of the weight bar. The basic requirement is that the actuating mechanism be capable of causing the plunger or plungers to move radially outwards when actuated in one operating direction and causing the plunger or plungers to retract when operated in the ~~revise~~ reverse direction. Two examples are:

- a. using a cylinder made of resilient material such as rubber which is assembled to fit inside the bar end in an longitudinal relation with a threaded bolt and compression plates such that the cylinder is axially compressible when the handle at the bar end is rotated and thus causing the cylinder to deform radially outwards whereby it forces the plunger or plungers to rise from the openings in the bar end, and
- b. using one or more spider rings installed within the bar end, each of which contains a plurality of radial plungers which when activated extend or retract radially through the spider ring and associated openings in the bar end.